


Trainee Quarterly Reflection Tool

Name _____ Discipline _____

Fall Quarter Winter Quarter Spring Quarter

At the end of each quarter, complete a reflection tool to document your experience of UW LEND. You may type in your response, upload a video recording of your response, or use other media or art to share your reflection. Be prepared to discuss your reflections with your mentor during quarterly meetings, at the end or beginning of the quarter.

How are you doing in your work toward your UW LEND learning intention? Describe your progress.

What was a powerful learning moment for you this past quarter?

What did you learn about yourself this past quarter?

What additional supports or tools would you find helpful going forward in UW LEND?

List additional learning opportunities you hope to experience.